



The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some

Mark Remy, Editors of Runner's World

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Every sport has rules. Running is no exception. If you're curious, just visit the Web site of USA Track & Field, the sport's governing body, where you'll find detailed dictates on everything from disqualification to bib-number placement to the caliber of the starter's pistol.

But what about the *everyday* rules of running? The unspoken ones that pertain to the lingo, behavior, and etiquette that every seasoned runner seems to know and every newbie needs to learn? Veteran runner Mark Remy and the editors of *Runner's World* magazine provide answers to these very questions and many more in *The Runner's Rule Book*.

Inside you'll find:

Rule 1.18

LEARN, AND LOVE, THE FARMER'S BLOW

Farmer's Blow / fār-m?rz blo / n: *a process by which one clears a nostril of mucus by pinching shut the opposing nostril and exhaling forcefully*

[syn: *Snot Rocket*]

Rule 2.32

DO WHATEVER IT TAKES TO FINISH AHEAD OF A COSTUMED RUNNER

Because being outkicked by Elmo is too much to bear.

Rule 3.1

CALL THEM RUNNING SHOES

They aren't sneakers, or tennis shoes, or kicks, or trainers (sorry, Brits). They are running shoes. So call them that.

...and many, many more. With 100+ rules that cover the basics of running, racing, track etiquette, and apparel and gear, including hilarious running commentary on running culture, *The Runner's Rule Book* will be the reference guide you'll turn to again and again for answers to your burning running questions.

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From reader reviews:

Estella Powell:

Now a day those who Living in the era exactly where everything reachable by talk with the internet and the resources included can be true or not need people to be aware of each details they get. How people have to be smart in getting any information nowadays? Of course the answer is reading a book. Examining a book can help people out of this uncertainty Information specifically this The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some book as this book offers you rich facts and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it you may already know.

Mark Maney:

The actual book The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some has a lot of information on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. The author makes some research just before write this book. This particular book very easy to read you can get the point easily after scanning this book.

Harry Dwyer:

Reading can called brain hangout, why? Because if you are reading a book especially book entitled The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some your head will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely can become your mind friends. Imaging just about every word written in a book then become one web form conclusion and explanation that will maybe you never get just before. The The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some giving you another experience more than blown away your brain but also giving you useful details for your better life on this era. So now let us teach you the relaxing pattern here is your body and mind will likely be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

Kevin Blais:

Publication is one of source of expertise. We can add our know-how from it. Not only for students but additionally native or citizen require book to know the revise information of year to year. As we know those publications have many advantages. Beside we all add our knowledge, can bring us to around the world. By book The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some we can acquire more advantage. Don't that you be creative people? To get creative person must like to read a book. Simply choose the best book that acceptable with your aim. Don't always be doubt to change your life with this book The Runner's Rule Book: Everything a Runner Needs to Know--And Then Some. You can more inviting than now.

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